

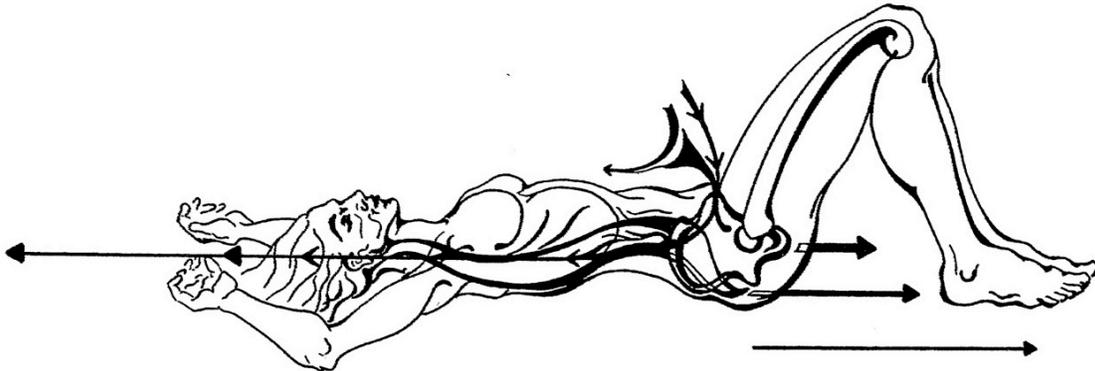
**PRACTICING IDEOKINESIS taught by Irene Dowd
Sponsored by Stephen Williams**

Ideokinesis is a strategy for enhancing our ability to move. It involves a process of visualizing a pathway or vector of motion through one's body, with the purpose of fine-tuning movement performance. The practice of ideokinesis can enhance coordination, equilibrium, fine-motor skill, efficiency and ease during performance of everyday activities such as sitting and walking, as well as challenging activities such as sky-diving or performing triple pirouette turns.

In this course, I will endeavor to transmit an in depth introduction to the teachings of Lulu Sweigard as I received them at the Juilliard School in the time between 1968 and 1974. We will review the 9-lines-of-movement, some of the movement practices and strategies she taught me, as well as my own adaptations of those practices.

I will present some of the applications I have made of her work in response to questions, movement challenges, contemporary concerns, and more recent neuroscience developments which have evolved during the ensuing 40 years of my own private practice and teaching.

Thus, we will take both a historical as well as an innovative approach to this highly effective and precise practice called Ideokinesis. If you took an introductory course with me on this topic recently, this course will take you into some of the same material more deeply as well as introduce you to additional new material.



Dates: **September 17 – December 10, 2015** (December 17 – the “make-up” day if I must cancel class due to unforeseen and unavoidable circumstances)

Time: **Thursdays 2:00-4:00 p.m.** (12 classes)

Fee: **\$700, pre-registration is essential since the course size will be limited**

Location: **NOHO Pilates @ 611 Broadway, Suite 608, NYC 10012** (at north-west corner of Broadway and Houston Streets)

Payment must be made to: **Stephen Williams**

For more information: call Irene Dowd at 212-420-8782 (8am -8pm) or e-mail Stephen Williams at **nohostudio@yahoo.com**

Biographical note: Irene Dowd studied with and assisted Lulu E Sweigard at the Juilliard School from 1968-1974, and was designated as authorized by Sweigard to teach her work. Sweigard actually named what she did as “Ideokinesis” in the 1970’s (basing it on the imagery work she did with Mabel Todd). Currently, Irene is on the faculty of the Juilliard School, the Hollins University MFA program in dance, and Movement Research. Author of Taking Root to Fly, she has maintained a practice in kinesthetic anatomy and neuromuscular re-education for 45 years in NYC, while continuing to be a guest teacher in academic and dance institutions throughout the US, as well as in Canada and Europe. Irene has been awarded the 2014 Balasaraswati/Joy Ann Dewey Beinecke Endowed Chair for Distinguished Teaching at the American Dance Festival.